

**WHEN OUT FOR THE DAY**

You can make in a moment a bracing beefsteak with a hot alcohol lamp, and a little

**Get the fat with the structure in blue:**

**LEBIG COMPANY'S EXTRACT**

**HOUSEHOLD HINTS**

With the return of cool September weather, the appetite revives and "something hearty" is the demand. From the children's room home from school, the good man returning from the day's work, the young folks "half starved" from the appetite-sharpening September outing.

And yet there is not the slightest necessity of letting the butcher's bill vault an inch higher as yet, for now are the days when all the hearty satisfying vegetables are at their best, and with a good "fatness" or forcemeat for the place of resistance, there is not a single pang of unsatisfied hunger in their wake. Americans with the greatest profusion and variety of vegetables in the world have been the last to appreciate their value as the substantial part of the meal, not an accessory to it. Look at any of the menus in the first-class hotels, and see how largely the meats overbalance the vegetables and fruits in variety. Now that some of the most eminent physicians are maintaining that in the constant and free use of the "white plague," an impetus may well be given to their use. In the report just issued under the auspices of the New York Post-graduate Hospital, the new Cerebral Diet made entirely of the juices of fresh vegetables in the market is said to have proved of signal value where the lesions in the lungs persist and the ravages of the disease have been apparently checked. The vegetables first used in the treatment were the potato, onion, beet, turnip, cabbage and celery. Later were added the liquid made from apple, pineapple, carrot, parsnip, and later still radishes, string squash, tomato, spinach, rutabaga, spring beans and cauliflower. The method of preparing as described by Dr. Russell, who is sponsor for the new cure, is as follows: Scrub with a brush in fresh water, and cut the vegetables of the raw vegetables, then mix and chop until the particles are small enough to go into the receiver of a grinding machine where the mass is reduced to a pulp. The next step is simply to collect the pulp and squeeze through a coarse muslin cloth. This juice is prepared every day at the hospital and kept on ice. Each patient (and there are fifty now under treatment) receives two ounces twice a day after meals. This far this treatment has all been done gratuitously in the interests of science, and results are most gratifying.

As the ounce of prevention is worth far more than the pound of cure, the vegetarians feel their cult is at last receiving the recognition that they have long claimed it deserved. Among timely vegetable dishes that may serve as meat substitutes are the egg plant, corn, lima beans, peppers stuffed, tomato, onion, carrots, parsnips, potatoes and celery.

For those who feel that they must have a little meat to season, a few recipes containing a medium of the pulp that has been removed from the vegetables are given. These stand alone on their vegetable merits.

**Stuffed Egg Plant.**—Cut a good-sized plant into six pieces, leaving the skin on one side of each piece. Soak in salted water two or three hours, then drain, wipe dry, and fry in deep boiling hot fat for three minutes. Remove a portion of the pulp with a vegetable spoon or spoon and fill with any forcemeat desired. A good plain one is made by chopping the pulp that has been removed with one-half small onion, a half cup soft bread crumbs, a tablespoonful of butter or olive oil and salt, pepper and onion powder to season. Fill the incision of the egg plant and bake in a hot oven twenty minutes until a golden brown. If preferred the egg plant may be simply cut in halves, soaked in salt and water, each half filled with the forcemeat, then baked in a hot oven for half an hour. When desired the forcemeat may be made of sautéed mushrooms and chopped with an equal quantity of bread crumbs, eggs and seasoning, or with parmesan cheese and bread crumbs. The ham and cheese may be used with a butter or tomato sauce, and for a change a sprinkling of parmesan or grated cheese on top the fare.

**Fried Egg Plant.**—No way of serving egg plant is more successful than frying, because the preparatory work of removing the seeds and acidity can be so thoroughly done. After the plant has been sliced half an inch thick, well rubbed with salt and placed under a weight for two or three hours, the egg plant may be fried in clear water, drained and dried. Then season with pepper, dip in egg, then in rolled and sifted crumbs, and fry in hot drippings until a golden brown. The egg plant may be fried in oil and butter, or in a hot oiler, then dip in flour and roll in a shallow buttered baking pan. Sprinkle with pepper, grated cheese and cracker crumbs moistened in melted butter. Add a little milk, and a layer of the flowers and another sprinkling of the pepper and milk. Cover with a thin layer of buttered crumbs and bake in a hot oven until browned.

**Cauliflower Au Gratin.**—Select a well-shaped, white, firm cauliflower and soak in cold water half an hour to bring out any bitterness. Cut the cauliflower into pieces of boiling salted water and cook half an hour, drain, wrap in a piece of cheesecloth or tarlatan and boil in salted water until tender. Drain on a sieve until the superfluous water is disposed of, then place in the center of a buttered pudding dish. Have ready some hot mashed potatoes well seasoned with salt, pepper and butter (no milk), and place a layer of the cauliflower. Make a rich brown sauce, using a tablespoonful each of brown, adding gradually one cup of milk and one cup of cream. Cook until smooth and creamy, add two tablespoonfuls of grated cheese (preferably Swiss), season (American will answer), boil up once and then add the cauliflower and potato. Bake ten or fifteen minutes until brown and serve hot.

**Cauliflower with Bread and Parmesan.**—After the cauliflower, wrapped in a cheesecloth bandage, has been cooked and drained with a coat of parmesan about a quarter of an inch thick. Over this dredge a light coat of sifted bread crumbs, dot thickly with bits of butter or olive oil and bake in a brick oven ten or fifteen minutes until a golden brown crust has been secured.

**Stuffed Celery.**—This is a timely dish for the autumn, and may be served as a luncheon or supper when the nights grow crisp. Look over the celery, discarding the coarse outside leaves, which may be used later for a cream of celery soup. Be sure and keep the root which holds the heart of the celery, merely paring off the exterior. Make a rich brown sauce, using two tablespoonfuls each of butter and flour, and browning in a spider. Season with salt and pepper and a suspicion of nutmeg, then add two cupfuls of rich stock. If you have neither stock nor gravy on hand, dissolve beef extract in boiling water and use. Stew the celery in this sauce half an hour and serve.

**Succotash.**—Use for this equal quantities of lima beans and corn, cut from the cob. A little piece of salt pork may be used for seasoning, if desired, but it is not essential. Shell the beans and put into boiling water. After ten minutes add salt to season and the piece of pork, if you choose to use it. Cook the beans an hour and a half, then add the tips of the kernels of corn cut from the cob with a sharp knife. Cook this mixture half an hour, then add the corn pulp scraped from the cob, leaving the hulls on the cob. Cook ten minutes longer, stirring almost constantly, as the

milky corn and butter and pepper to taste. A trifle of sugar or cream are deemed additions by many, but this is a matter of individual taste. **Corn Fritters.**—Take a half dozen ears of corn and split down the middle of each row of kernels with a sharp knife, then with the back of the knife scrape all the pulp from the cob, leaving the hulls on. Add to the corn one or two well-beaten eggs (dependent upon the quantity of the corn) with salt, pepper to season. If extremely juicy, a tablespoonful of flour may be stirred in. Have a frying pan very hot, with a little oil or olive oil, and grease the bottom well, and drop in the mixture by the tablespoonful. The fritters should be thick enough not to break when the back of the knife is scraped on the other, and serve piping hot.

**Corn Oysters.**—Mix into two cups of the corn scraped from the cob, a tablespoonful of milk and one small cup of flour, sifted, with a half teaspoonful of baking powder, two tablespoonfuls of melted butter, one beaten egg, a teaspoonful of salt and pepper to season. Drop with a tablespoon into hot fat, fry brown on both sides and serve on a hot platter.

Have ready an equal quantity of sliced ripe tomatoes and corn scraped from the cob. Have an earthen pudding dish well buttered and fill with alternate layers of corn and tomatoes, each about a half inch thick, and each generously seasoned with salt, pepper and butter. When the dish is full, sprinkle with grated buttered crumbs, cover with a plate (tin or glass), and bake in a moderate oven twenty-five minutes. Uncover and brown.

**Stuffed Peppers.**—Select large peppers that show no signs of ripening. It is the red peppers that are too pungent. Plunge in boiling water, then remove the seeds and stem, and fill with a forcemeat of minced meat, onion, salt, pepper and butter. When the dish is full, sprinkle with grated buttered crumbs, cover with a plate (tin or glass), and bake in a moderate oven twenty-five minutes. Uncover and brown.

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## ART NOTES.

Much has been said both for and against art training in our public schools, and the question is still open. The advocates of the art look upon it as a luxury and associate the term merely with picture making, naturally depreciate its introduction; while those who realize its ethical value, and appreciate the fact that it is all-inclusive, earnestly advocates its institution. The cultivation of public taste is a thing of very great moment, and hand-in-hand with this goes the education of skilled artisans. Our public school art courses are adding the development of the one, our technical training schools in the production of the other. Since the centennial exposition we have made long strides in the right direction, but we have still far to go, and helpful suggestions for further progress may be found in a knowledge of a system adopted and successfully carried out in Austria; an interesting account of which is given by A. S. Leveus in the current number of the International Studio. Less famous in the art world than her national neighbors, Italy, Germany and France, Austria has for many decades enjoyed celebrity for her crafters, her glass, her pottery and her carvings have been famous in every land; and of recent years her effort has been not only to sustain but to increase this reputation. To this end the state has established about 150 craft schools in which working men receive a thorough education in their craft, are admitted when twelve or fourteen years of age and graduated at eighteen or twenty. The elementary branches—reading, writing, arithmetic, bookkeeping, etc.—are taught in each, as well as some specific trade, such, for example, as glass making, pottery, cabinet making, basketry and stone cutting. The fees are nominal, and after the completion of the course steady employment is assured, the manufacturers co-operating in this way with the government. Any student, moreover, who displays exceptional talent is sent with an annuity to the academy, where he may learn to be an artist or a teacher. Each school is furnished with a well-stocked library, and the students are permitted to draw both books and designs freely, and through which the best artistic impulse is brought to general notice. Supplementing these schools are night classes for working men, and "Wanderers"—lecture courses given by traveling teachers in the mountain villages which are too small to support a school of their own. There are also circulating libraries and traveling exhibitions, which are carefully prepared and well organized. The industries which have long been located in certain sections are nurtured and new ones are rarely introduced, but the students-apprentices and working people are urged to be skillful and to excel in their genuine pride in their work, regarding it in its humblest form worthy of their art and their effort. And herein lies the secret of their success.

One of the centers of the crafts movement in this country, there, eight years ago, was organized a Verein der Kunstgewerbetler, for the purpose of re-producing the colonies, which, whose popularity was at that time revived; and there, now, every summer many of the best artists of the world are attracted forth by the organization of the same organization—the people of the village. Every one sends something, from the doctor to the blacksmith, and each in his own line is a master workman. There are rug carpets and rugs, bookbindings and embroideries, furniture, baskets, jewelry, and even bayberry dyes. The articles, of any even the humblest, are made by amateurs during leisure hours, and though they are for sale are not produced primarily for that purpose. This is, indeed, the true art spirit, and those who possess it must of necessity find success.

A new sect of painters is at present attracting much attention in Paris. Eight men have banded together, and terming themselves "Intimists," have set about portraying the home life of the people. The genuine, not the superficial side, the family meal, the afternoon tea, the nursery, the quiet evening, and so on. What the Dutch have done for the peasants they aim to do for the gentry, interpreting the deep, lasting significance of the home. They believe that they have a message, and they set it forth with great skill and nicety. Their canvases are small, and of modest dimensions in the last salon, and are finding not only friends but purchasers. Prominent among, if not the leader of these "Intimists" is Richard Miller of St. Louis, who a year ago received for a picture in the salon the highest award for which any save a Frenchman, is eligible. Mr. Miller makes his home in Paris, and is one of the instructors in Miss C. C. Critcher's school, but he comes to America periodically, and has been this summer in St. Louis, filling commissions for portraits. Even these he does in an unusual way, painting rarely a head alone and always, preferably, his subjects in their natural surroundings—a man, for example, in his business office or library; a woman in her recreation room or garden. The pictorial element appeals to him primarily, and yet he is said to produce most sincere and accurate likenesses.

Mr. Carl Guthertz of this city is now in Minnesota superintending the placing of certain mural decorations, which he has recently completed, in the People's Church of Chicago. On his way west he stopped in Chicago, but, returning, he will take the southern route and remain in Memphis long enough to execute a number of portraits for which he has commissions. One of Mr. Guthertz's pictures, an "Eco Homo" is owned by Bishop Seymour of Springfield, Ill., and, according to the Chicago Record-

Herald, when the authorities in charge of the Munich exhibition wrote to request its loan, so greatly was it prized that the owner replied: "There are two things Illinois cannot loan—this picture and Lincoln." "Eco Homo." Mr. Guthertz was a member, it will be recalled, of the international jury of the St. Louis exposition, and the painter of many noteworthy canvases.

Mr. Thomas R. Conner and his wife, two other Americans who have recently secured success in Paris, are in this country at present arranging to hold in a number of the more prominent cities exhibitions of their work. Both paint chiefly interiors, but in manners so diverse that there is little similarity in their productions. Each had a large share in the last salon, and is represented in the American section of the international exhibition at Venice.

That Miss Marguerite Downing will join, this fall, the American colony in Europe, will be learned by those who know the local fraternity, of which, though absent for about a year, she is still accounted a member. Miss Downing has done some promising work in portraiture and has evinced in her productions both artistic feeling and ability. Her poster portraits, resembling some of the work of the first-class artist, are clever, and have met with deserved popularity. Her future attainments will, therefore, be awaited with much interest.

Miss Bertha E. Perrie has just finished an exceptionally fine miniature of the father of Dr. John D. Thomas. Rather a large man, with impressive physique, gray hair and mustache, kindly eyes, earnest expression, Miss Perrie has pictured him wearing a black, conventional suit, against a dark green background. The head stands out in strong relief and yet is well related to its surroundings. The modeling is vigorous, the color excellent, and, while the finish is minute, there is no lack of breadth or scale in the handling. It has literally the force of an oil painting—the bigness which disregards linear inches—and yet it possesses at the same time the most beautiful attributes of a work in miniature. Without doubt it is one of the most satisfactory and notable that Miss Perrie has produced.

An interesting exhibition of ecclesiastical art is being held this summer at the Abbey of Grotto-Ferratane, near Rome. This abbey, which contains, by the way, a series of fine frescoes by Domenichino, was founded by the Greek saint, Nilus, in 1004 and has always been faithful to the Greek tradition. The present exhibition consists almost exclusively of objects of medieval workmanship, made in a period when Italy derived its art impulse from Byzantine sources. The pope has sent some of the most valuable things in the Vatican museum, Rome, has contributed its famous codices, while Gaeta, Venice, Palermo and Ravenna are said to have added their quota. There are marvelous embroideries, beautiful metal work and samples of exquisite illumination.

The summer school at Ft. Washington, Pa., which is conducted under the direction of Mr. Anschütz and Mr. Breckenridge of the Pennsylvania Academy, has had, it is reported, an uncommonly successful season. Classes have been conducted both indoors and out, the attendance has been large and the standard of the work produced higher than usual. The school itself is peculiarly well situated and specially fortunate in its instructors.

Henry M. Mesdag, the distinguished Dutch marine painter, has just presented to the Albright gallery of Buffalo. Not long ago he gave to the Dutch government for the people of his own land a splendid collection of modern paintings which he himself had got together, and it is gratifying to know that his public spirit extends even so far as America.

That a renaissance of art is taking place in the south is made manifest by the fact that not only Charleston but Atlanta is contemplating the establishment of a permanent art museum. The Atlanta Art Association, made up of more than two hundred of Georgia's most prominent citizens, has the project in charge and proposes in connection with it to institute an academy and annual exhibition of the best modern work.

The Philadelphia Art Club announces its seventeenth annual exhibition for November 20, continuing until December 17. It will consist entirely of oil paintings and sculpture, and a solid medal will be awarded to the best work in each medium. Exhibits will be received November 8, 9 and 10, but lists must be sent in before October 28. The jury is to be composed of John Lambert, George Gibbs, Mr. M. Chase, Peter Moran and Alexander Stirling Calder.

LEILA MECHLIN.

## Pickpockets and Crowds.

"Several people who went to the fair recently held at Rockville, Md., came away with less than they took there," remarked a detective to a Star reporter one day this week. "I do not mean that they spent their money or threw it away, but that they happened to meet people who 'trimmed' them. Such is the experience of many people who attend county fairs now, for there are crooks who find such places more profitable than they do the larger gatherings. As a rule people who attend such places seldom give crooks a thought, and those who wear diamonds and other expensive jewelry wear them. During recent years pickpockets and other crooks have not fared so well at big gatherings in this country, and many of those who attempted to work it in the cities have been apprehended and put away. It is not an easy matter for a crook to conceal his identity in these days of improved methods. They realize that when placed under arrest in a small town or country place the chances of their getting away are better. In the larger cities the records are handy, and the giving of a fictitious name is of but little assistance. The prisoner if he has ever been arrested before, he has been arrested before."

"There is scarcely a day that the authorities of one of our cities do not receive identification for information respecting criminals," the detective said, "and Major Sylvester manages to furnish identifications in a large number of cases. It is not difficult matter to trace such persons when the measurements have been obtained, and it is always surprising to the prisoner when he has been identified as a criminal in a case involving the taking of a watch from a visitor in the city. He was on his way home from a country fair and had been arrested at the fair. Nothing was found upon him, however, and he was released. He had been seen to take a pocket book from the pocket of a visitor to the fair, but had not been seen when he put it to a crook here. Had the people in the country known of his record they would not have paid any attention to his pretended indignation and released him."

"Some of the smaller towns are now represented in the bureau of criminal identification," added the detective, "and even in the smaller places the professional thief finds it more difficult to operate and get away than he did some years ago."

## Altogther Too Literal.

A good story is being told about a youth in East Washington who is known among his neighbors as a "punch" man. The other day he picked up the business card of a firm whose establishment is located on I street. The printer in setting the type for the card substituted a small cut of a human eye for the letter "I" in describing the location of the place of business.

## COLOQUES CUBA

### American Companies Buying Big Tracts of Land.

## SMALL FARMS COSTLY

### STILL THERE IS MONEY TO BE MADE IN FRUIT.

Hard to Buy Land in Less Than 5,000-Acre Lots From the Native Holders.

(Copyright, 1905, by Frank G. Carpenter.)  
Written for The Star.

SANTIAGO. Since our war with Spain more than thirteen thousand Americans have bought lands in Cuba and their purchases amount to over fifty million dollars. There are three thousand American titles registered in the province of Puerto Principe alone, at a purchase value of twenty-eight millions, and estates are being bought in large tracts in nearly every part of the island. It is said that seven-eighths of the land, in the Sancti Spiritus district of Santa Clara, is now owned by Americans, and a large number of important purchases have been made about Cienfuegos. Great tracts are being bought along the northern coast, and millions of dollars worth of real estate, in and about Havana, has gone into Amer-

ican hands. Some of this property has changed owners several times, but the greater part of the land in large tracts, awaiting development or colonization by small farmers.

**Americans Own Vast Estates.** Indeed nearly all the sales so far made are in thousands of acres. The eastern part of the island, where most of the sales have been made, is divided up into large tracts, the holdings ranging all the way from one thousand to seventy-five thousand acres or more. Some of these estates have been in the hands of families for generations; and, when sold, they must go as a whole. The Cuban, who has ten thousand acres, does not like to sell a fifty-acre or even a five hundred-acre strip. He may be willing to sell five thousand acres, in order to get enough money to develop the remainder, but he will not sell a small tract, and that for cash or on short time. This has resulted in the American purchasers being syndicates of men, who buy large tracts, and then divide them into small tracts, and sell them to small farmers.

It expects to establish a town upon its lands, and will divide a part of it into forty or fifty-acre tracts for sale to small farmers. This is so on the branch line of the Cuba road from Alto Cedro to Nipe bay, and I understand that the forests extend back for many miles on both sides of that road.

Cuba has large areas of forests. Nearly the whole of the eastern part is covered with woods. Nearly all the way from Camaguey to Santiago is through virgin forest. This is so on the branch line of the Cuba road from Alto Cedro to Nipe bay, and I understand that the forests extend back for many miles on both sides of that road.

These Cuban forests are rank and thick; the trees are large and bound together with vines. Nearly every one carries a machete in his belt, and uses it to cut his way from one place to another. The trees include mahogany, cedar, ebony, walnut, mahogany, cedar, ebony, walnut, logwood, cottonwood, lignum vitae and about thirty varieties of palms. There are also a large number of dyewoods and many medicinal bushes and plants.

Much of the wood is good for furniture, and a Grand Rapids company has bought sixteen thousand acres and is about establishing a factory in the northern part of the island, to make furniture for the Cuban market. At present nearly everything of this kind is imported and all home-made furniture is high priced.

## American Colonies in Cuba.

The fact that most of the lands are for sale only in large tracts has led to the organization of American colonies. Private parties and syndicates are buying up estates of from 10,000 to 200,000 acres and dividing them up into thirty, forty and fifty-acre tracts, which are sold at prices ranging from \$30 and upward per acre. There are at present perhaps a dozen or so such colonies in active operation, but so far they have not been in existence long enough to say that they will be lasting success.

These colonizing companies present their lands to customers chiefly as tropical fruit growing propositions. They send out glowing prospectuses, stating that such a tract can be made to produce \$200 or \$300 and upward an acre per year. They say a ten or fifty acre colony in Cuba is worth more than one of two hundred acres in the United States, and if the land is rightly chosen as to location and quality I doubt if they are wrong. The sugar here is rich and the products are fruitful.

good orange grove in Florida is valued at least a thousand dollars an acre, and that inasmuch as Cuba has no frost and the cost of getting the fruit to the markets is about the same, such Cuban lands should eventually be worth double that.

Another estimate which I have before me, taken from an article in the Havana Herald, states that the cost of setting out forty acres of oranges, including the houses and other buildings, is \$8,000, and that a \$20,000 outlay will result in an excellent forty-acre grove at the end of five years. Such a grove, according to this, should produce, at one box to the tree, \$4,000 a year, and when the grove reaches its maximum in the tenth year six boxes per tree, or \$24,000 per annum. These are interesting figures, and even if divided by half they make orange growing attractive.

## Profits in Colonizing.

At the same time I wonder whether there is not even more profit in buying the big tracts of land and selling them again than in putting them out in oranges. Take, for instance, one of the best-developed colonies which is backed by a rich banker of New York. Its owners have 200,000 acres of land, most of which they have bought, at a liberal estimate, for \$1 to \$5 an acre. They have 2,000 acres under cultivation, having planted it in orange groves, and they are selling land, both in the wild and in the cultivated, at \$50 an acre, but have raised their prices to \$80 an acre. The cultivated land, set out in oranges, was originally sold at \$50 an acre, the understanding being that the land would be cleared and planted and cared for until the trees were three years old. This year the price of such lands have been increased to \$70 per acre, and I am told that the sales are numerous and increasing. This colony has established a bank. It is building shipping houses where oranges can be packed and sent out on the railroad to the Cuba road, whence they will be shipped to Nipe bay and thence to New York. The proposition, based on the product of orange growing, must be attractive or there would not be purchasers. It does seem that the difference between \$5 and \$70 ought to cover the cost of taking care of an acre of land and still yield a profit of somewhere between \$5 and \$10,000 per cent. In this I do not mean to say that the man who buys the \$70 acre land may not still make an interest on the investment, but it does seem as though the explorer was getting more than his share of the profits. As to the \$80 per acre wild land, the purchaser of such tracts, if they belong to a colony, buys not only his land, but American neighbors, including school and church advantages, as well as better shipping facilities.

**Cuban Royal Palms.** The most interesting of the land development projects going on in Cuba are the town and farm settlements of the Cuba railroad in connection with the lands along its tracks. These are railroad enterprises rather than land speculations, their aim being to build up the traffic by the increase of the population and business. The lands are sold or comparatively low prices and on installments to approved purchasers.

Timber at Santiago. A large industry in getting out Cuban timber has grown up since the war. Scattered along the line of the Cuba road from Santa Clara to Santiago are scores of saw mills with great piles of mahogany and hardwood logs about them; and rafts of logs may be seen floating in nearly every harbor. In 1904 Cuba exported about one and one-half million dollars worth of forest products, and such exports are steadily increasing. Some Canadians have bought a large tract of timber not far from Camaguey, which they expect to exploit; and Michigan parties have just purchased twenty-five thousand acres of timber along the line of the Cuba road not far from the borders of Puerto Principe. The latter company will cut out the most valuable trees and ship them to the markets and then use the land for grazing and sugar plantations.

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